

Ulmo Honey

Monofloral Ulmo honey, from the *Eucryphia cordifolia* tree of southern Chile and Argentina, is a natural product with valuable nutritional and medicinal qualities.

The **nutritional value** of Ulmo honey is related to its polyphenol content with antioxidant activity, thus being able to prevent or delay cell damage caused by [free radicals](#)¹.

In addition, its antibacterial activity can prevent stomach infections caused by bacteria such as [E.coli and Salmonella enterica](#)².

Among its **medicinal qualities**, it has been demonstrated **in vitro** that Ulmo honey can partially inhibit the growth of colon cancer cells, promoting the release of lactate dehydrogenase (LDH), an indicator of membrane integrity, and modulating [oxidative stress](#)².

Moreover, Ulmo honey favors the healing of skin wounds as it exhibits a peroxide effect as an antimicrobial power against *E. coli*, *Pseudomonas aeruginosa* and five types of methicillin-resistant *Staphylococcus aureus*. [It is more effective than Manuka honey in this respect](#)³, providing greater protection against pathogens that may impede the healing process. In addition, this honey provides a humid environment, low pH, high viscosity, and a hygroscopic effect, playing a combined role in the efficacy of wound treatment, reducing recovery times [by promoting tissue regeneration](#)⁴.

In summary and based on the background of the literature¹⁻⁴, the described therapeutic properties of Ulmo honey are:

- Antibacterial
- Antioxidant
- Healing
- Partial inhibitor of colon cancer cell growth

References

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